

今天你将为测试新冠病毒提供样本。如果你的测试结果显示阳性，公共卫生护士会在几天之内给你打电话，而且你会在一周之内接到信件。如果你的测试结果显示阴性，你也会在一周之内接到信件。

在等待你的测试结果时你能够做什么？

不管你是否感染新冠病毒，你应该做到：

- 外出时和他人保持6英尺距离。
- 如果你不能避免和他人近距离接触，使用布质口罩。
- 经常洗手，使用肥皂和水洗至少20秒钟。如果没有条件用肥皂和水洗手，用酒精类的洗手液消毒。
- 在咳嗽和打喷嚏时用衣袖或纸巾遮挡口鼻，将用过的纸巾扔进垃圾桶。
- 避免用手接触眼鼻口。
- 经常清洗并消毒频繁接触的物体表面。

你的测试结果的含义是什么？

如果你的结果是阴性：

- 继续采取上述预防措施以阻断新冠病毒的传播。
- 如果你开始出现新冠病毒感染的症状，立即给你的医生打电话。你可能需要重新测试。

症状包括：

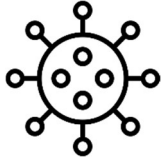
- | | |
|----------------------------------|--------------------------------------|
| <input type="checkbox"/> 发烧 | <input type="checkbox"/> 肌肉疼痛 |
| <input type="checkbox"/> 咳嗽 | <input type="checkbox"/> 头疼 |
| <input type="checkbox"/> 气短或呼吸困难 | <input type="checkbox"/> 嗓子疼 |
| <input type="checkbox"/> 发冷 | <input type="checkbox"/> 新出现的味觉和嗅觉丧失 |
| <input type="checkbox"/> 反复寒战 | |

- 记住：你今天的检查结果说明你今天是否感染或生病。将来你可能测试阳性。因为卫生部的血清学（抗体）测试结果不够准确，无法为个人提供有关其健康的可靠信息。

如果你的测试结果为阳性：

- 你的医生将与你讨论你的护理和任何症状的治疗。
- 在与你的医生讨论之前待在家里。
- 卫生部将与你联系，并告诉你何时可以恢复正常活动。他们还将与你讨论有关你的密切接触者。

更多信息healthvermont.gov/COVID-19.



Today you gave a specimen that will be tested for COVID-19. If your test result is positive, a Public Health Nurse will call you in a few days, and you will get a letter in the mail within a week. If your test result is negative, you will get a letter in the mail within a week.

What can you do while you wait for your results?

Whether you have COVID-19 or not, you should always:

- Keep a 6-foot distance from others when you are out.
- Wear a cloth face mask if you cannot avoid close contact with other people.
- Wash your hands often for at least 20 seconds with soap and water or use an alcohol-based hand sanitizer if soap and water are not available.
- Cover your coughs and sneezes with your sleeve or a tissue and throw the tissue in the trash.
- Avoid touching your eyes, nose and mouth.
- Routinely clean and disinfect frequently touched surfaces and objects.

What do your test results mean?

If your results are negative:

- Continue taking the prevention steps above to stop the spread of COVID-19.
- Call your health care provider right away if you start to have symptoms of COVID-19. You might need to be tested again. Symptoms include:
 - Fever
 - Cough
 - Shortness of breath or difficulty breathing
 - Chills
 - Repeated shaking with chills
 - Muscle pain
 - Headache
 - Sore throat
 - New loss of taste or smell
- **Remember: Results from today's test will tell you if you are infected or sick today.** It is possible that you could test positive in the future. Based on an analysis by the Health Department's Serology Working Group, serologic (also known as antibody) testing is not yet accurate enough to give individuals reliable information about their health.

If your results are positive:

- Your health care provider will talk to you about your care and treatment of any symptoms.
- Stay home until you speak with your health care provider.
- The Health Department will follow up with you and let you know when you can return to your regular activities. They will also talk to you about your close contacts.

Get more information at healthvermont.gov/COVID-19.